



www.deliveryroom.org

deliveryroomfoundation@gmail.com

+264812913193

MEN'S SPIRITUAL AND MENTAL HEALTH CLINIC

We Heal, Teach, Educate, Preach, Mentor & Inspire Men in Africa. We talk and empower the inner man to overcome any worldly bondages using the Bible.

Our Aim is to see men enlightened, delivered, set free, motivated, saved, healed, disciplined, equipped, empowered and serving their communities.

Our Vision is to build a community of responsible healthy men by transforming and renewing their minds.

Our mission is to make a lasting difference toward African Men, by delivering healing messages and reliable life changing experiences to men in need.

Addictions

1 Corinthians 10:13

There is a difference between a habit & an addiction. its feasible & possible to stop a habit but close to impossible to stop an addiction. Addiction is broad because its an inability to stop using a substance or engaging in a repeated behavior even though it causes psychological and physical harm. It can be Food, Alcohol, Social media, Drugs, Medicines, Cigarettes, Glue, Pornography, Masturbation, Television or Comfort zone.

Solution: Get Spiritual Help, Change Mental Plan, Learn to say NO to the Body, Involve in Positive addictions activities - Reading, Exercise, Meditation/Prayer, Consume good content and Art and crafts.

Substance Abuse

1 Peter 5:8-9

Alcohol is a temporal painkiller of choice. Over dosing on Substance such as alcohol, drugs, medicines or man made chemical substances is a crime to the body, Destroying instead of treating it, Causing a state of the body being out of equilibrium (mental confusion & psychological breakdown). A number of Men misuse drugs as depressants, stimulants, hallucinogens & pain killers with an aim to relieve them from mental health issues (anxiety, depression, stress & hopelessness).

Solution: Unfollow people who do not make you feel empowered, Informed or Inspired. Flee from alcohol and drugs abuse, Keep your social circle small, Eat healthy, Focus on your future, Let go of body urges.

Gender Based Violence

Genesis 1:27

Harmful acts directed at an individual based on their gender, in most cases it is an inappropriate touching of an individuals body against their will to practice power & authority over the weak to intimidate, embarrass and threaten their dignities. A number of Men have fallen victims to unwelcome sexual pleasures and sexual blackmails for monetary gains. Sexual harassment is a combination of aggressive physical and emotional burdens involving the use of explicit or implicit sexual suggestions.

Solution: Learn to love yourself above anything else first, Lean about the opposite sex, Educate yourself on gender violence, Master your Mind, Refuse self-pity and ngative talks, Be kind to others, share knoweledge, Create goals.

Depression, Anxiety & Hopelessness

Matthew 11:28

A hopeless man would go to bed thinking about suicide. Men who think about dying are blind to life since death is the only way to escape pain and feelings of hopelessness. Men without purpose don't realize that help is available in the Bible to treat mental health issues like depression, anxiety, and hopelessness. Uncontrollable worrying & Stressing is one of the symptoms of anxiety and depression. Worrying can affect your daily life and is the biggest contributor to suicide.

Solution: Discover yourself, Find your purpose, Get body into shape, Learn new things, Help someone else, Become a person of value, Turn away from evil thoughts, Focus on doing good, Seeking love and peace and pursue it.

Emotional, Physical & Sexual Abuse

1 Corinthians 13:4-8

There are different forms of emotional harassment, Those clever schemes used by people to ensnare Men through temptation, Threats or intimidation, usually called wiles of the devil (Accusation, Blaming, Deceiving and Enslavement).

Men with emotional breakdowns are not Stable nor Confident, Attention seekers, Jealous, Possessive, Envious & always in Arguments for no reason, Always harrassing people emotionally, physically and sexually.

Solution: Make yoursel mentally attractive, Accept yourself, Educate yourself on emotional intelligence, Fight toxic thoughts, Deal with yoor insecurities, Get biblical beliefs, Seek healing, Get a mentor, Get out of abusive relationships, Report abusers, Dont fear rejections or failure, Forgive yourself.

Spiritual Blindness

Romans 12:1-2

Life is more spiritual than it is physical, The spiritual realm is more powerful than the physical. Spiritual blindness can be referred to a condition that Men have when they are unable to choose LIFE, Living in Ignorance, Spiritually lost, led by social media into the pit of darkness (Mental Health Problems). Blind Men knows that the bible is real, but their unbelieving, darkened, stubborn hearts reject THE WAY because they love their sin & don't want to be submissive.

Solution: Read the Bible, Read the book of Proverbs and John, Build your faith, Believe in the unseen and possibilities, Speak yourself into existance. Your mental health is more important, dont attach yourself to things of this world, Love your neighbour as yourself, become a solution to a problem.